Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan

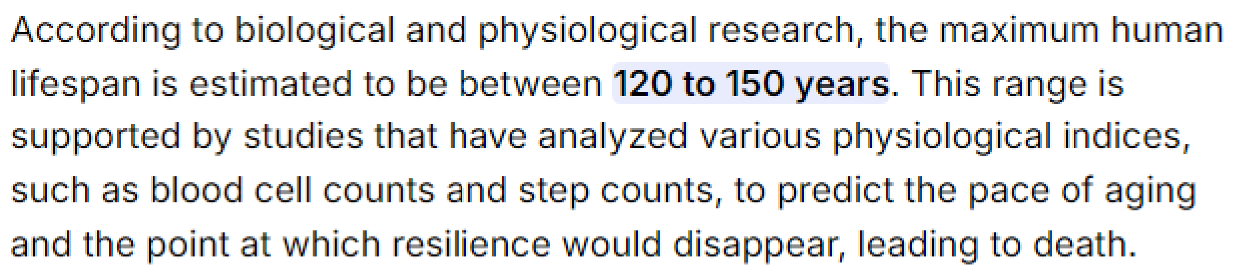
JB **bartoll.se**/2024/11/plants-extremely-toxic-damage-lifespan

November 19, 2024

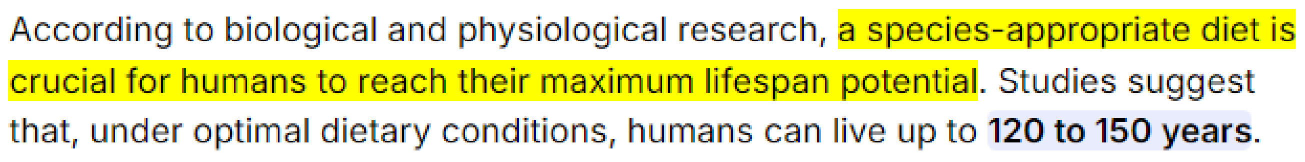
After this Saturday’s article on the toxicity of nuts (seeds) my social media was flooded by comments and questions. While the majority of comments were positive, as my friends and followers are awake and of higher intelligence than the average sleeping sheeple, some comments were from people who never really commented before — most likely people who never looked at biology, physiology or biochemistry and simply believe in mainstream backwards “nutrition science” and “medical science.”

Most of the typical NPC comments are always parroting what they heard in the media or from other people (as I hear the same lines repeated daily,) such as “*this or that person consumes a lot of nuts and veggies and is healthy*,” or “*well, I must be a walking toxic waste bin then, uhu hu hu*,” or the most unscientific comment ever, “*all people are different, some can’t digest meat*.”

Healthy you say, compared to what and whom? To the regular dumbed-down couch potato? Are you aware that we as humans are supposed to be able to live for 120 to 150 years if following our species-appropriate carnivorous diet and minimizing toxic exposure?



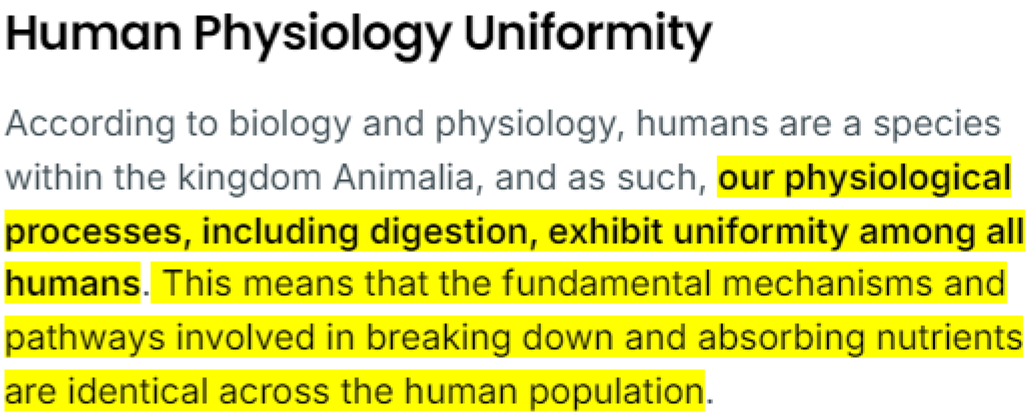
According to biological and physiological research, the maximum human lifespan is estimated to be between **120 to 150 years**. This range is supported by studies that have analyzed various physiological indices, such as blood cell counts and step counts, to predict the pace of aging and the point at which resilience would disappear, leading to death.



According to biological and physiological research, a species-appropriate diet is crucial for humans to reach their maximum lifespan potential. Studies suggest that, under optimal dietary conditions, humans can live up to **120 to 150 years**.

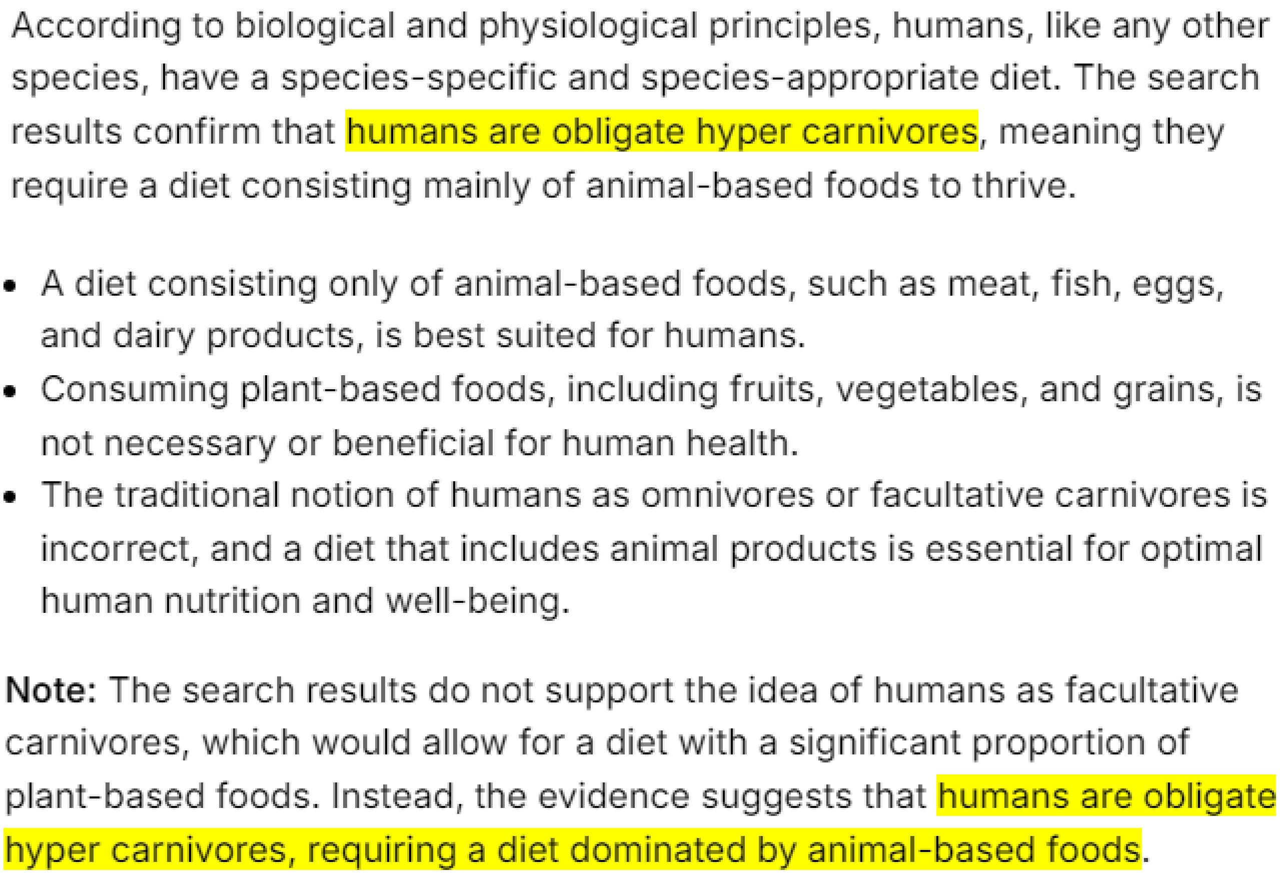
As for being a toxic waste bin, yes, most people are, and that is why they get health problems at such an early age as only 30, 40, or 50 — and why most people die between the ages of 70 and 90, a far cry from 150. Heck, even children today have health problems such and obesity, diabetes, and hundreds of made-up mental issues, all the result of toxicity and nutrient deficiencies.

And no, people are not physiologically different from each other. We are a species, just like any other animal, and we all have the same physical structure, the same organs, and the same digestive system. And it's widely recognized in the fields of real science that humans are obligate hyper carnivores. If someone has trouble consuming or even digesting meat, it is because they have totally fucked-up their stomach and digestive system by consuming non-species appropriate and toxic foods and are thus in desperate need of healing. And the only way to heal is by getting actual nutrients from animal foods. So, start small and build up. Simple. Logical. Common sense.



Human Physiology Uniformity

According to biology and physiology, humans are a species within the kingdom Animalia, and as such, **our physiological processes, including digestion, exhibit uniformity among all humans**. This means that the fundamental mechanisms and pathways involved in breaking down and absorbing nutrients are identical across the human population.



According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant-based foods, including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being.

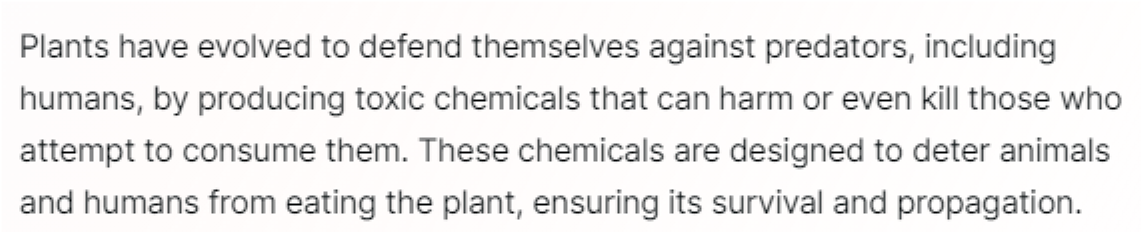
Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant-based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods.

Now, I'll try to keep this short and as straightforward and uncomplicated as possible. This article will be a summary with a lot of links for further reading, as I've covered pretty much all of this in previous articles. Still, I will insert snippets from real and established research and science within the fields of biology, physiology, and biochemistry.

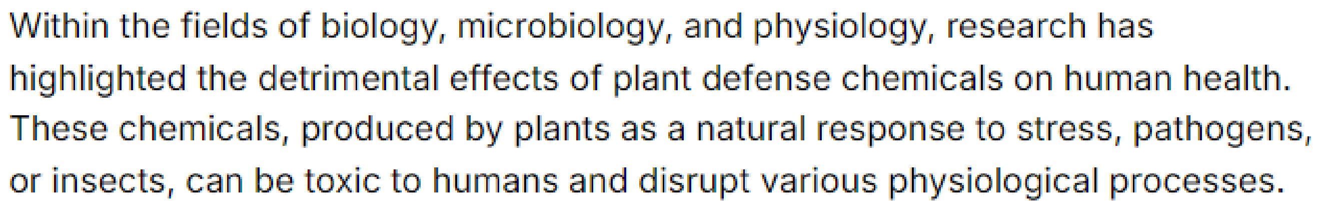
***Note**: all screenshots are taken from AI-generated search summaries and quotations only focusing on acknowledged research and established facts and consensuses from literature within the fields of biology, physiology, and biochemistry.*

Plant toxins: defense chemicals, antinutrients, heavy metals, pesticides

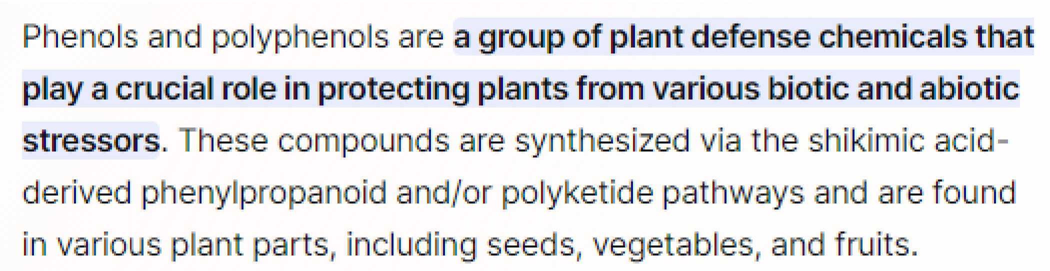
Because some dimwits in the past have deemed a part of a plant edible does not mean that we should consume it. All "edible" plants, including fruits and vegetables, contain anywhere from 20 to 200 defense chemicals that serve as their protection against anyone wanting to harm or eat the plant. And across all "edible" plants, thousands of defense chemicals have been identified, and more are discovered every year.
These defense chemicals, also called "antioxidants," "phytonutrients", "polyphenols" or "phenols," can mimic hormones and offset your testosterone to estrogen balance, some can contribute to sterilization, and some can interfere with any kind of cell and damage or even kill them.



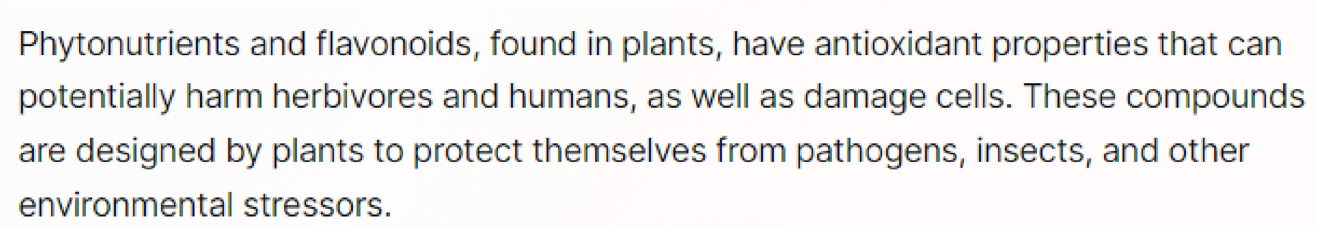
Plants have evolved to defend themselves against predators, including humans, by producing toxic chemicals that can harm or even kill those who attempt to consume them. These chemicals are designed to deter animals and humans from eating the plant, ensuring its survival and propagation.

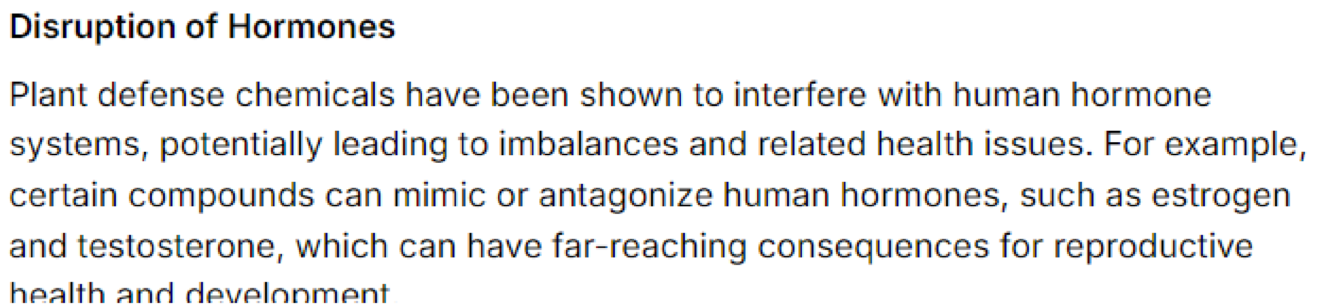


Within the fields of biology, microbiology, and physiology, research has highlighted the detrimental effects of plant defense chemicals on human health. These chemicals, produced by plants as a natural response to stress, pathogens, or insects, can be toxic to humans and disrupt various physiological processes.

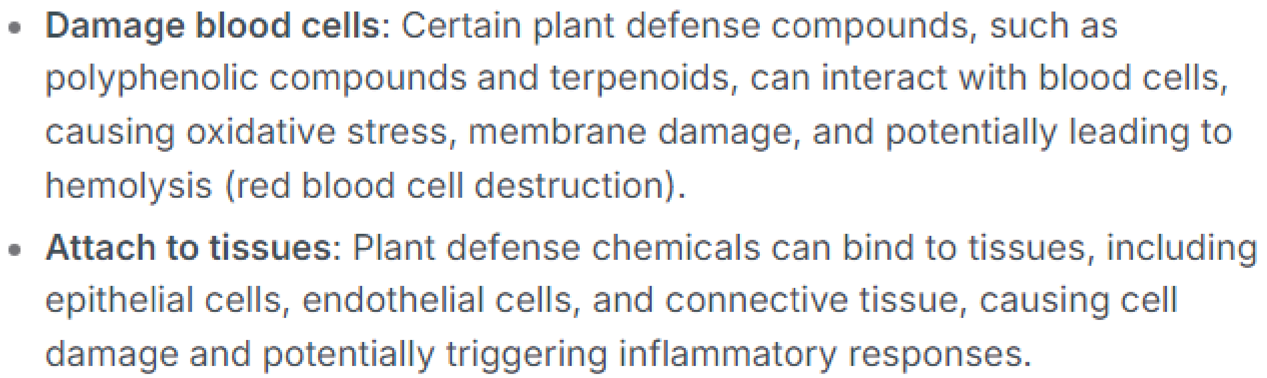


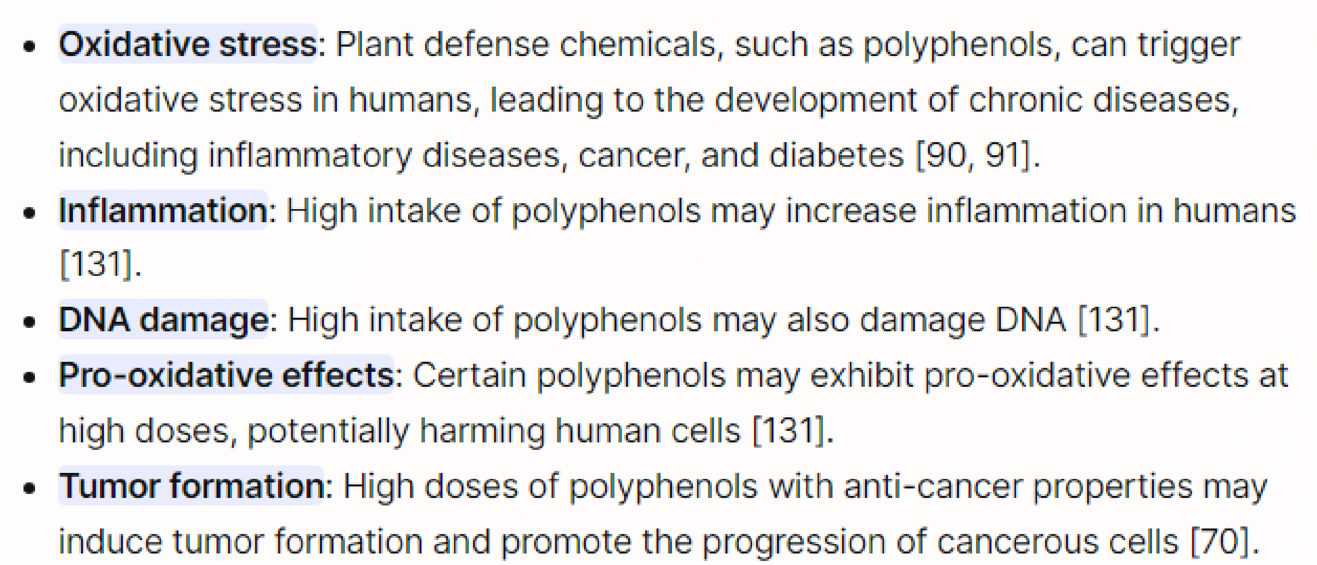
Phenols and polyphenols are **a group of plant defense chemicals that play a crucial role in protecting plants from various biotic and abiotic stressors**. These compounds are synthesized via the shikimic acid-derived phenylpropanoid and/or polyketide pathways and are found in various plant parts, including seeds, vegetables, and fruits.


Phytonutrients and flavonoids, found in plants, have antioxidant properties that can potentially harm herbivores and humans, as well as damage cells. These compounds are designed by plants to protect themselves from pathogens, insects, and other environmental stressors.


Disruption of Hormones

Plant defense chemicals have been shown to interfere with human hormone systems, potentially leading to imbalances and related health issues. For example, certain compounds can mimic or antagonize human hormones, such as estrogen and testosterone, which can have far-reaching consequences for reproductive health and development


- **Damage blood cells:** Certain plant defense compounds, such as polyphenolic compounds and terpenoids, can interact with blood cells, causing oxidative stress, membrane damage, and potentially leading to hemolysis (red blood cell destruction).
- **Attach to tissues**: Plant defense chemicals can bind to tissues, including epithelial cells, endothelial cells, and connective tissue, causing cell damage and potentially triggering inflammatory responses.

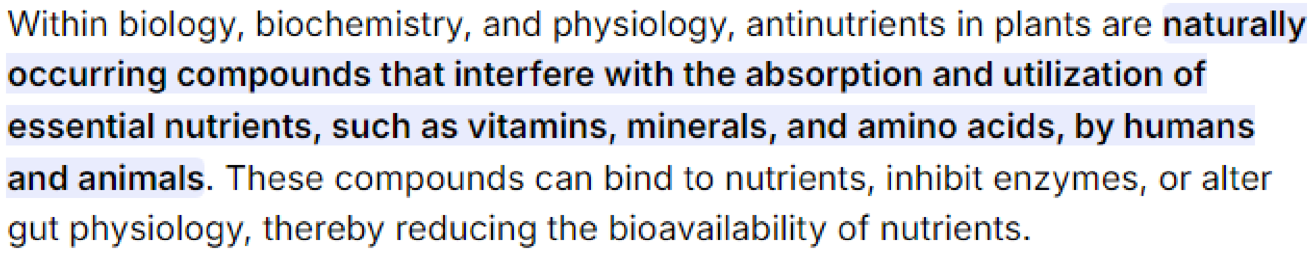

- **Oxidative stress**: Plant defense chemicals, such as polyphenols, can trigger oxidative stress in humans, leading to the development of chronic diseases, including inflammatory diseases, cancer, and diabetes [90, 91].
- **Inflammation**: High intake of polyphenols may increase inflammation in humans [131].
- **DNA damage**: High intake of polyphenols may also damage DNA [131].
- **Pro-oxidative effects**: Certain polyphenols may exhibit pro-oxidative effects at high doses, potentially harming human cells [131].
- **Tumor formation**: High doses of polyphenols with anti-cancer properties may induce tumor formation and promote the progression of cancerous cells [70].

The colon, with its unique microbiome and specialized epithelial cells, is particularly susceptible to damage from plant defense chemicals.

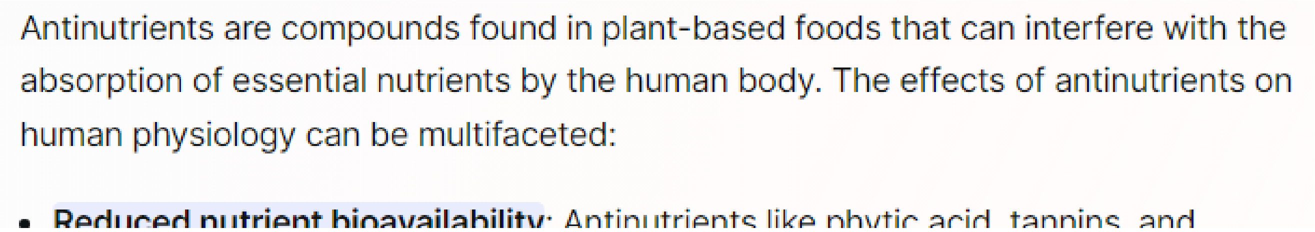
All “edible” plants, including fruits and vegetables, and especially seeds, as in nuts, also contain antinutrients, which simply are chemicals that bind to nutrients and enzymes, especially minerals and proteins, making them virtually useless to anyone consuming the plant. The real task of antinutrients is simply to bind up nutrients that the plant can chemically use to grow, hence the fact that there are more antinutrients in seeds which will turn into a new plant.

However, in the human body, antinutrients will act similar to defense chemicals or any other toxin, and can bind to tissues where they do great damage — especially in the colon causing leaky gut and similar conditions.

There are thousands of variants of antinutrients across all plants. For example, there are over 500 variations of lectin that have been isolated and identified.



Within biology, biochemistry, and physiology, antinutrients in plants are **naturally occurring compounds that interfere with the absorption and utilization of essential nutrients, such as vitamins, minerals, and amino acids, by humans and animals.** These compounds can bind to nutrients, inhibit enzymes, or alter gut physiology, thereby reducing the bioavailability of nutrients.



Antinutrients are compounds found in plant-based foods that can interfere with the absorption of essential nutrients by the human body. The effects of antinutrients on human physiology can be multifaceted:

- **Reduced nutrient bioavailability**: Antinutrients like phytic acid, tannins, and

All “edible” plants, including fruits and vegetables, are “genetically modified” and full of pesticide residues. Not one single edible plant that you can find today either existed in nature at all, or is totally different from its origin. This means that all “edible” plant foods today have a higher concentration of carbohydrates, as in sugar, to taste a bit better. They also have a lot more defense chemicals and especially antinutrients due to bad planting practices and the use of chemically produced fertilizers. They also contain much less “nutrition” than any wild plant found in nature — and keep in mind that we as humans can’t hardly absorb any of these “nutrients” anyway, which we will come to next.

Plant “nutrients” are not chemically compatible

Every single nutrient found in a plant is chemically different (inorganic) to its equivalent nutrients found in living tissue, as in our bodies (organic.) Not one single compound or “nutrient” in a plant is bioavailable for a human in its original form. This is common sense, as plants are organisms belonging to the kingdom Plantae and capable of producing their own “food” through photosynthesis while humans belong to the kingdom Animalia and are obligate hyper carnivores that need to consume organic material to uphold life. Plants have a cell wall made of cellulose and other carbohydrates while humans have a cell wall composed of proteins and lipids, as in animal-based saturated fats and cholesterol. By consuming what we are made of, as in animal fat and animal protein, we guarantee that we get everything we need.

This also means that given the chemical and toxic nature of plant compounds, it is not possible for them to provide any health benefits to humans! This is crucial to understand!

While humans can extract a small amount of nutrients from plants, that small amount needs to be chemically converted into something we can use. This process is very inefficient, only yielding 5% up to 80% depending on the nutrient. The big problem is that the remaining amounts of these compounds that can’t be converted are very toxic and can attach themselves to tissues causing damage.

And of course, we also have fiber that is extremely damaging to our intestines and carbohydrates that has to be turned into glucose, disrupting our natural production of glucose from gluconeogenesis. And every time blood glucose rises above natural safe levels from consuming carbohydrates, all soft tissues will take damage until the body has neutralized that glucose and blood glucose has returned to normal. That damage will accumulate!

And to add insult to injury, we also have the toxic and always rancid plant-based unsaturated fats. Keep in mind that humans have zero need of these unsaturated fats. We only need saturated fats, cholesterol, and a little amount of animal-based unsaturated fats (the omega fatty acids.) And as with all plant-based "nutrients" the unsaturated fats are no different, they also come in an incompatible chemical form and need to be converted by our bodies, which yields a lot of toxic residues — and again, most of plant-based unsaturated fats are rancid anyway and can't be used for anything, only causing cellular damage. Never consume any poly- or mono-unsaturated fats from plants, and that includes olive oil, avocado oil (extremely rancid,) flax-seed oil, and every single plant/seed/vegetable oil there is.

Accumulated damage from all toxic sources

So, to summarize in all simplicity, we have defense chemicals, antinutrients, pesticides, heavy metals, damaging fiber, toxic carbohydrates, toxic plant-based unsaturated fats and all the unconverted non-bioavailable nutrients (plant-based "vitamins," "minerals," "unsaturated fats," "proteins," and other compounds.) And the only thing that really varies between different plants is the amount of fiber, carbohydrates, and unsaturated fats.

Still, one single plant will do a lot of damage, and the more you add to your plate, the more toxins and accumulated damage. That is also simple common sense.

So, how come some people seem to "tolerate" these toxic edibles, at least in moderation? Why are some people seemingly "healthier" while others are obese and struggling? That should also be common sense. But I'll break it down for you.

What influences detoxification capabilities and tissue repair?

When you consume a plant-based food and are exposed to all its toxins, as in defense chemicals, antinutrients, heavy metals, and pesticides, your body will do the best it can to neutralize and expel these toxins as quickly as possible. While they are still present within the bloodstream, they will do damage to red- and white blood cells, platelets, enzymes, proteins, and other essential compounds.

And if your body can't neutralize and break them down, using phase I and II metabolism pathways before they reach a tissue that they can bind to, they will accumulate in that tissue causing local damage. Usually, our bodies detect this and will try to detoxify and repair that tissue. If you are very healthy and fully nourished, as in consuming a lot of animal-based foods, this is not a problem and the body can neutralize and expel the toxins and also repair the damage. However, if you continue to consume the same toxic food, the same toxins will accumulate at the same tissues all over again — meaning that you will go through regular detoxification and healing processes manifesting themselves with the same symptoms, which most people will think is a cold or some muscle/body pain, or similar.

Note: if you consume carbohydrates with a meal, your body will prioritize blood glucose control before dealing with any other threat, as elevated blood glucose causes the most damage and can even be fatal. That means that while blood glucose is being handled, toxins are free to do damage until blood glucose is stabilized and your body can divert its focus to neutralization and detoxification. However, if you snack or eat every third hour or so, any detoxification and repair process will be more or less shut off the whole day, which means a lot of accumulated toxins and damage!

It should be no surprise that these processes are taxing on the body and every time it has to repair toxic-induced damage, there is the chance of developing scar tissue or that not all damaged cells were removed and replaced and you end up with compromised tissue. This will accelerate your aging. So, even if you are fully healthy and can detoxify and heal, every unnecessary exposure to toxins, such as from plant-based foods, will tax your body and slowly reduce your lifespan.

Now, at least 90% of all people are not that healthy, as most people do not consume near enough animal-based foods to keep themselves nourished. The less actual bioavailable nutrients you have for disposal, the less effective your detoxification process and healing process will be. This means that if you have nutrient deficiencies, like most people, your body will not only be struggling with neutralizing toxins as they enter your body through the food you consume, but also in reducing and eliminating any toxic buildup in tissues — and that is what is causing a chronic detoxification and healing response, as in "chronic inflammation." Your body can't really keep up with the toxic accumulation, but it will try its best with the limited resources it has.

And this is why some people "seem" healthy and "seem" to be doing okay on a "balanced" diet of both animal-foods, starches, and vegetables. They simply get just enough nutrients from the animal foods to keep up with their detoxification and healing compared to those who have more plant-based and processed crap in their diet. Of course, environmental toxins count as well, as in using idiotic hygiene- and beauty products, detergents, softeners, plastics, creams, sun blockers, and whatnot.

With that said, simply keeping up and doing better than the majority is still not healthy, as there will be a lot of damage that accelerates their aging. Thus, they are not healthy by a long shot compared to a human that follows his or her species-appropriate, species-specific diet, as in being fully carnivore. This is also simple logic, as animal foods are the only source of bioavailable essential nutrients, the only way to keep us nourished — and animal foods are also the only source of nourishment that is free of toxins. So, if you follow our natural human carnivore diet, the only toxins your body have to deal with are environmental toxins, and considering that your body is now operating at peak efficiency, that is no real threat and easily detoxified.

And with that, my "little" summary comes to an end. Please note that this was a very simplified and watered-down summary, so make sure to read the links and the recommended articles below if you're not familiar with the truth and the real sciences that has been hidden by the establishment who instead pushes their inverted and evil "nutritional science" and "medical science." The modern invented pseudo-sciences that parrot biology, physiology, and biochemistry, but turn it all backwards so they can make tons of money on useless drugs and treatments while keeping the lifespan of the population as short as possible as we cost money once we retire. Keeping us weak, docile, dumbed-down and sickly most of our life and making sure we die short after we retire is the easiest way to govern a society — a population full of sleeping zombies dependent on their toxic food, toxic drugs, and deadly treatments.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

If you wish to support my work